

SAMA

SCIENCE AND
MANAGEMENT
of ADDICTIONS

www.samafoundation.org

Kathryn Korch, CDP

Ingraham High School
Prevention/Interventionist

Outline

- What are kids using/Party drugs
- What to do about it
- Marijuana laws impacting teens
- School wide outreach
- Information for parents

What we are seeing now

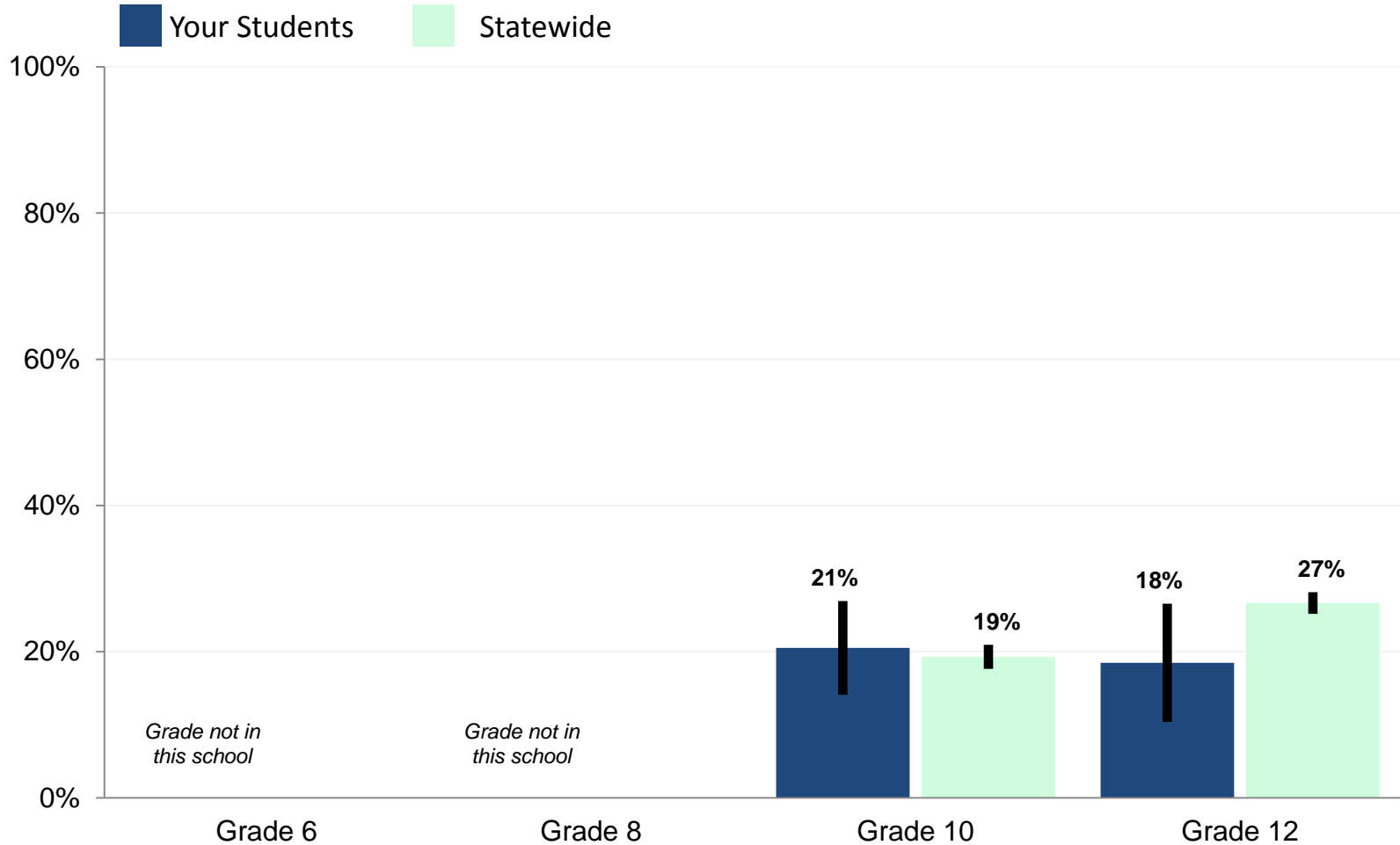
- Marijuana
- Alcohol
- Cocaine
- Ecstasy; MDMA, Molly
- Prescription pills

Marijuana laws and its impact on teens

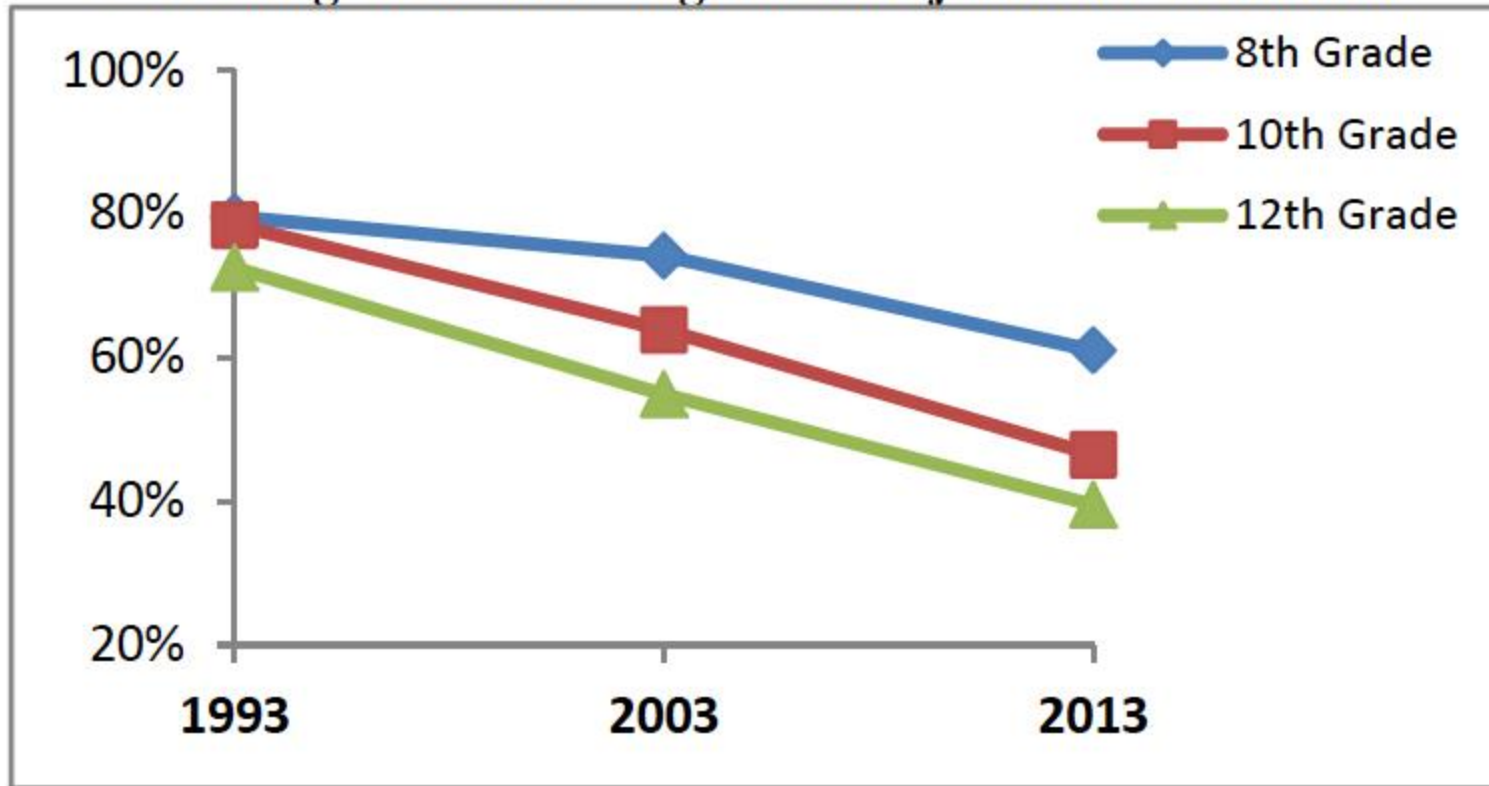
- Teens use marijuana more than tobacco:
- Marijuana use among 10th graders (19%) and 12th graders (27%) is almost double the percentage who smoke cigarettes.
- Fewer students in grades 8, 10 and 12 perceive a great risk of harm in using marijuana regularly.
- Among 10th graders the perception of harm fell from 65% in 2000 to 46% in 2012.
- More than half of 10th graders report it is easy to get marijuana.
- Historically, as perception of harm goes down, use goes up.

Current Marijuana Use

Percent of students who report smoking marijuana
in the past 30 days



Percentage who think regular marijuana use is harmful

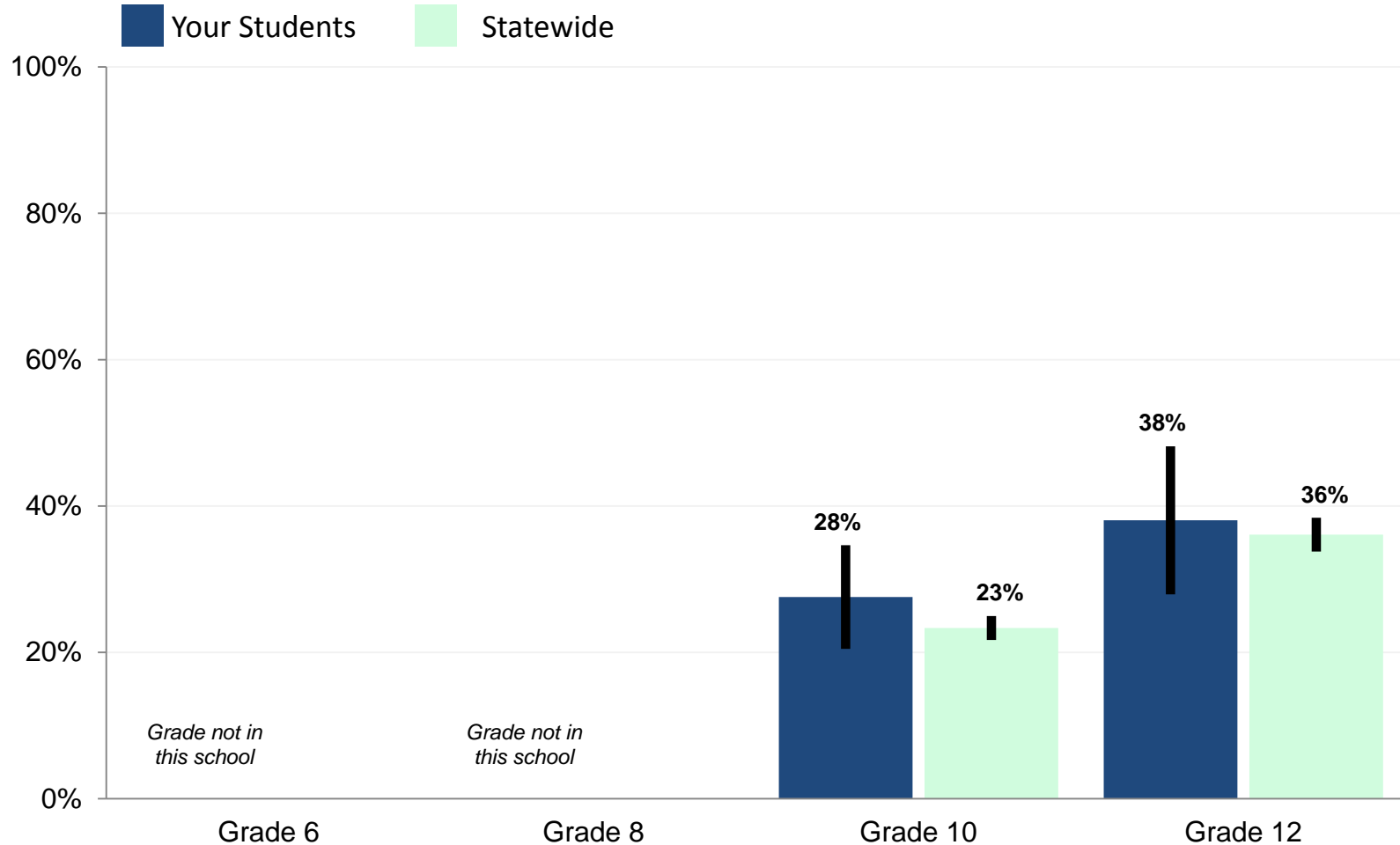


39.5 percent of 12th graders view regular marijuana use as harmful, down from last year's rate of 44.1 percent.

The rates of marijuana use have also shown 6.5 percent of seniors smoking marijuana daily compared to 6 percent in 2003 and 2.4 percent in 1993.

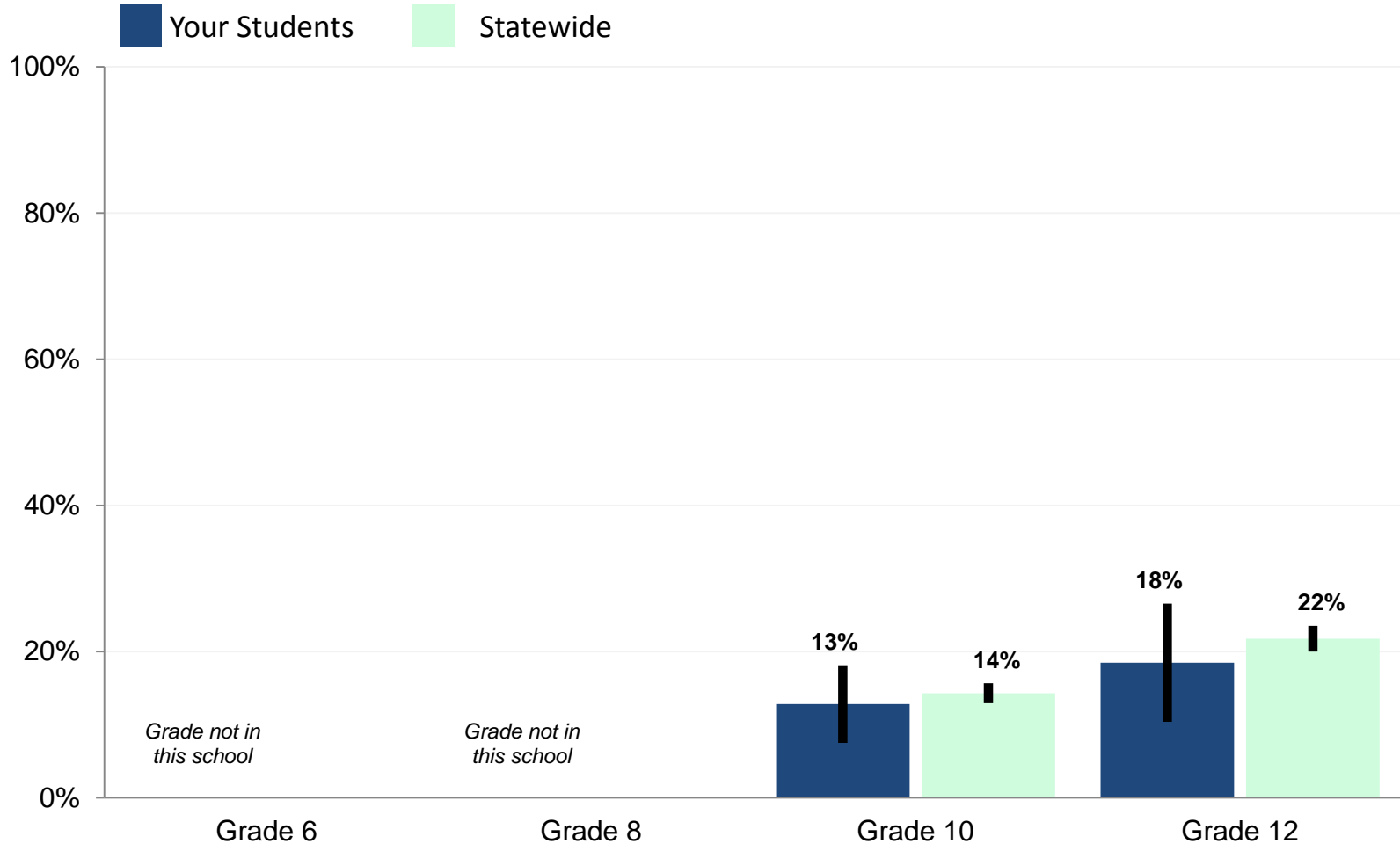
Current Alcohol Use

Percent of students who report having drunk a glass, can or bottle of alcohol in the past 30 days

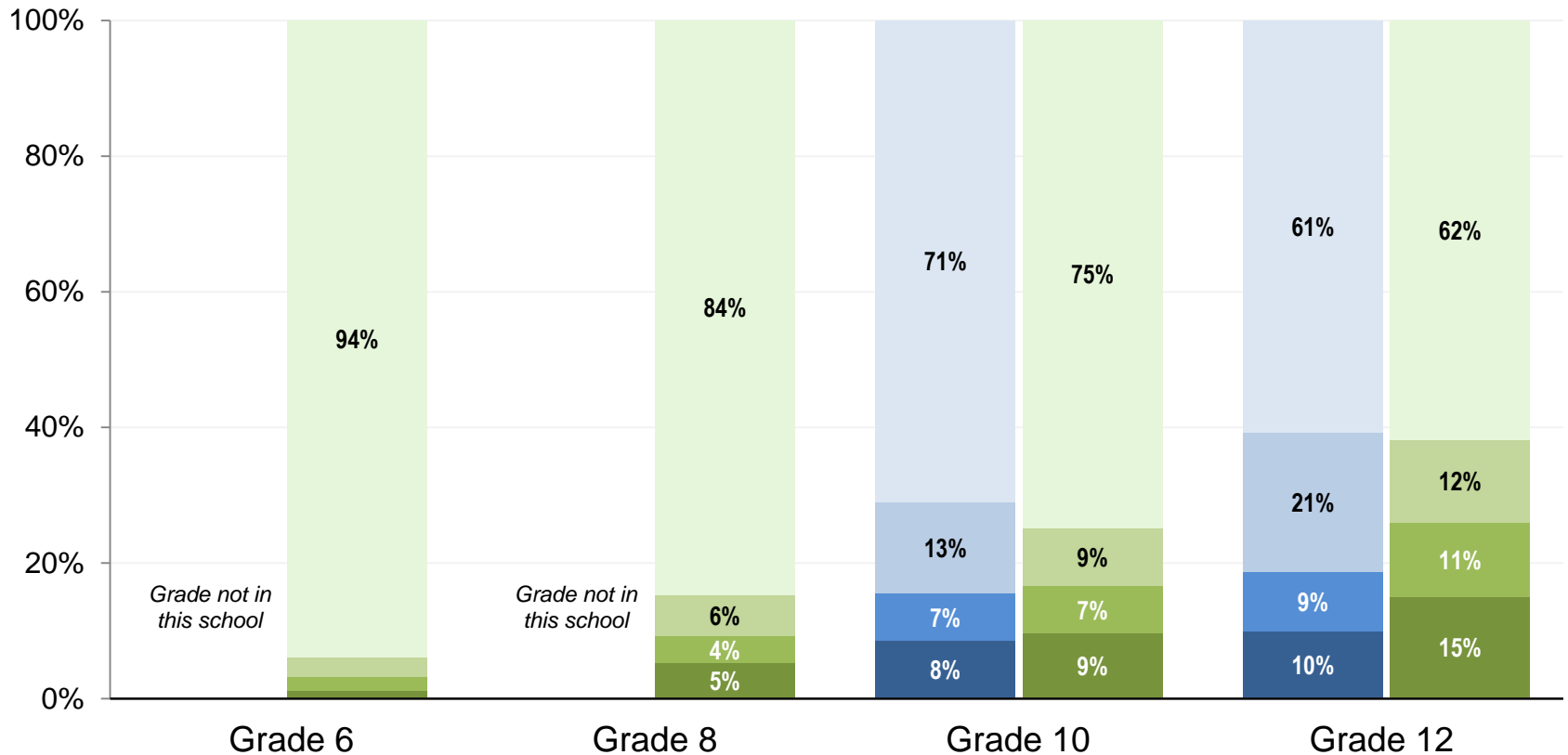
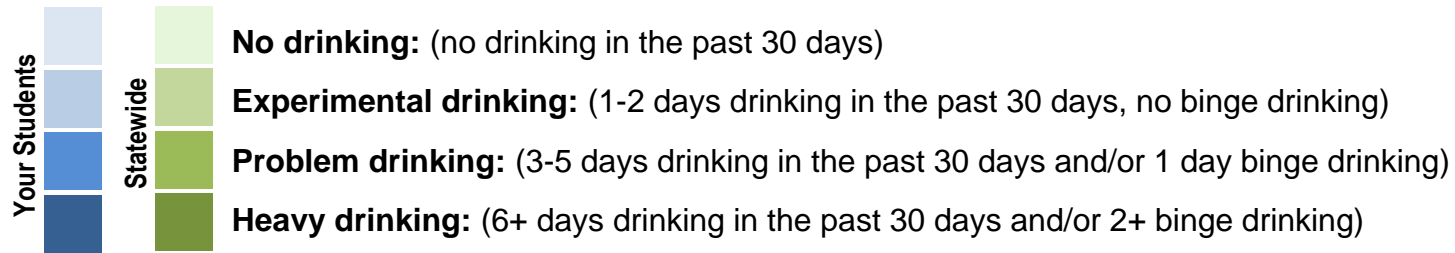


Current Binge Drinking

Percent of students who report having drunk 5 or more drinks
in a row in the past 2 weeks

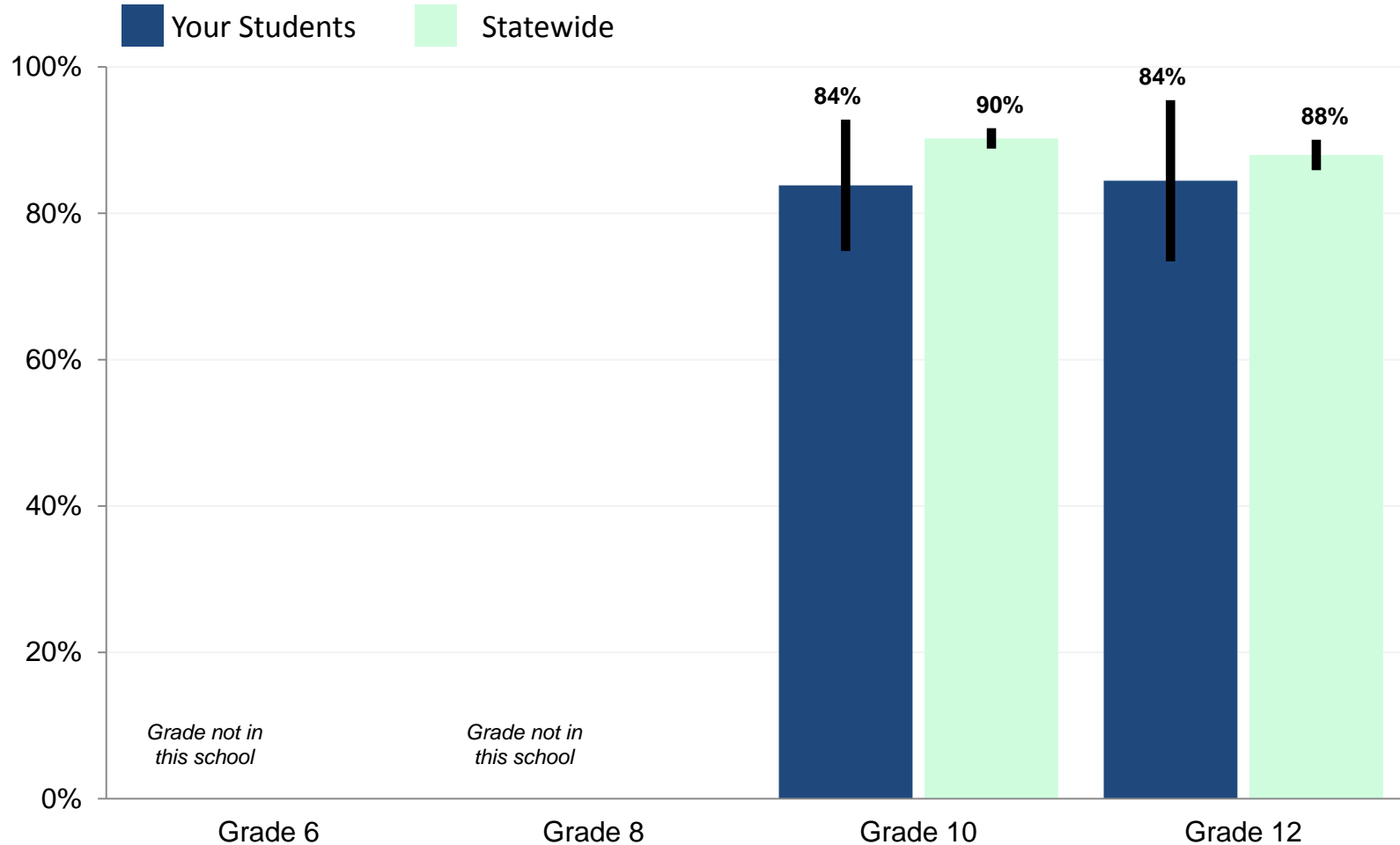


Levels of Alcohol Use



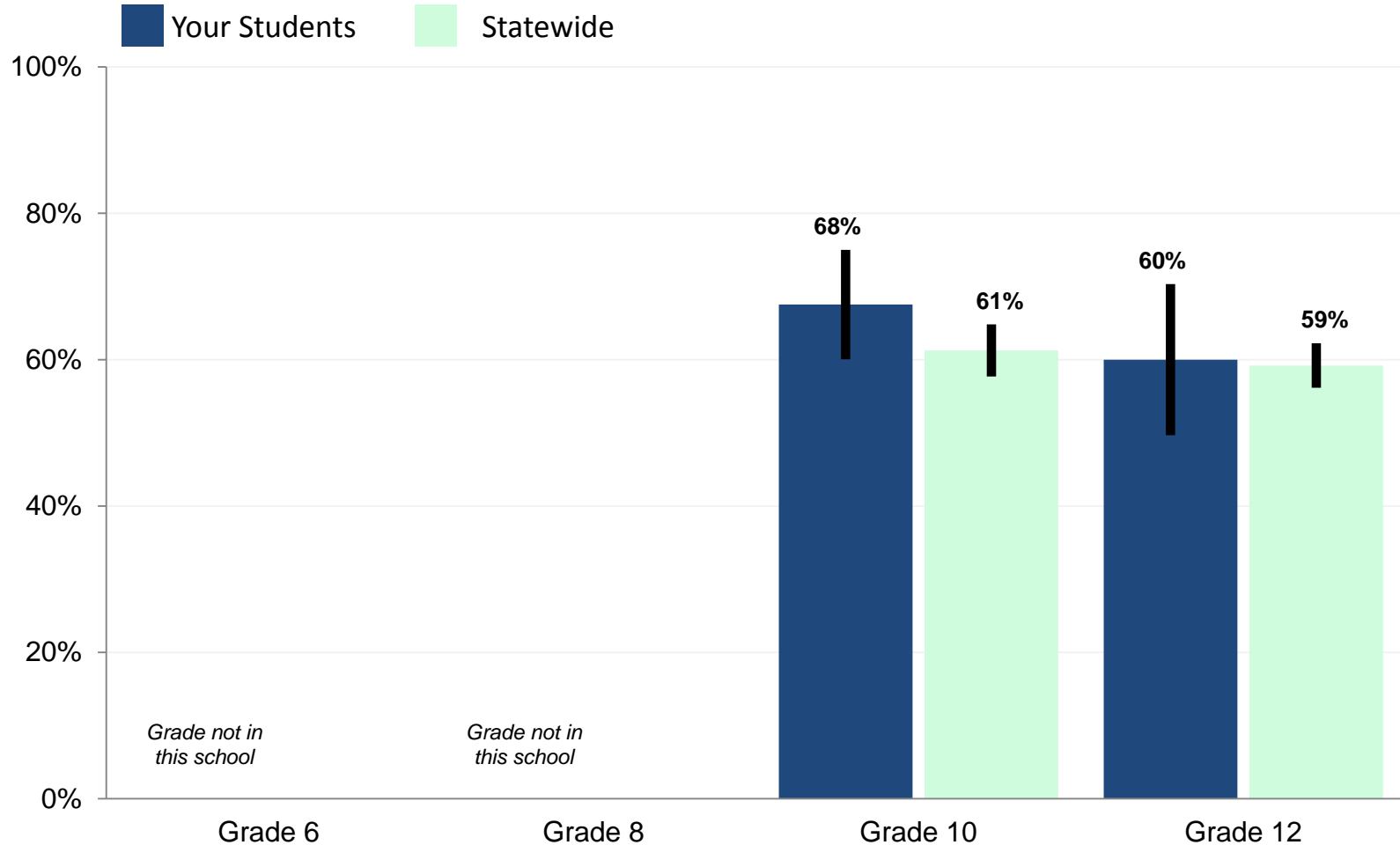
Enforcement of Alcohol and Drug Policies

Percent of students who report their school punishes students caught using alcohol or drugs



Help at School for Problems with ATOD

Percent of students who report school having staff for students to discuss problems with alcohol, tobacco or other drugs



Synthetic Drugs

ABUSE OF SOME
SYNTHETIC DRUGS
IS DOWN.



These are substances that are chemically similar to and/or mimic the effects of illicit drugs. This year, 7.9% of high school seniors reported past-year use of K2/Spice (sometimes called synthetic marijuana), down from last year's number of 11.3%. Past-year use of the substances called "bath salts" was low for all three grades - at or below 1%.



National Institute
on Drug Abuse

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found at www.drugabuse.gov.

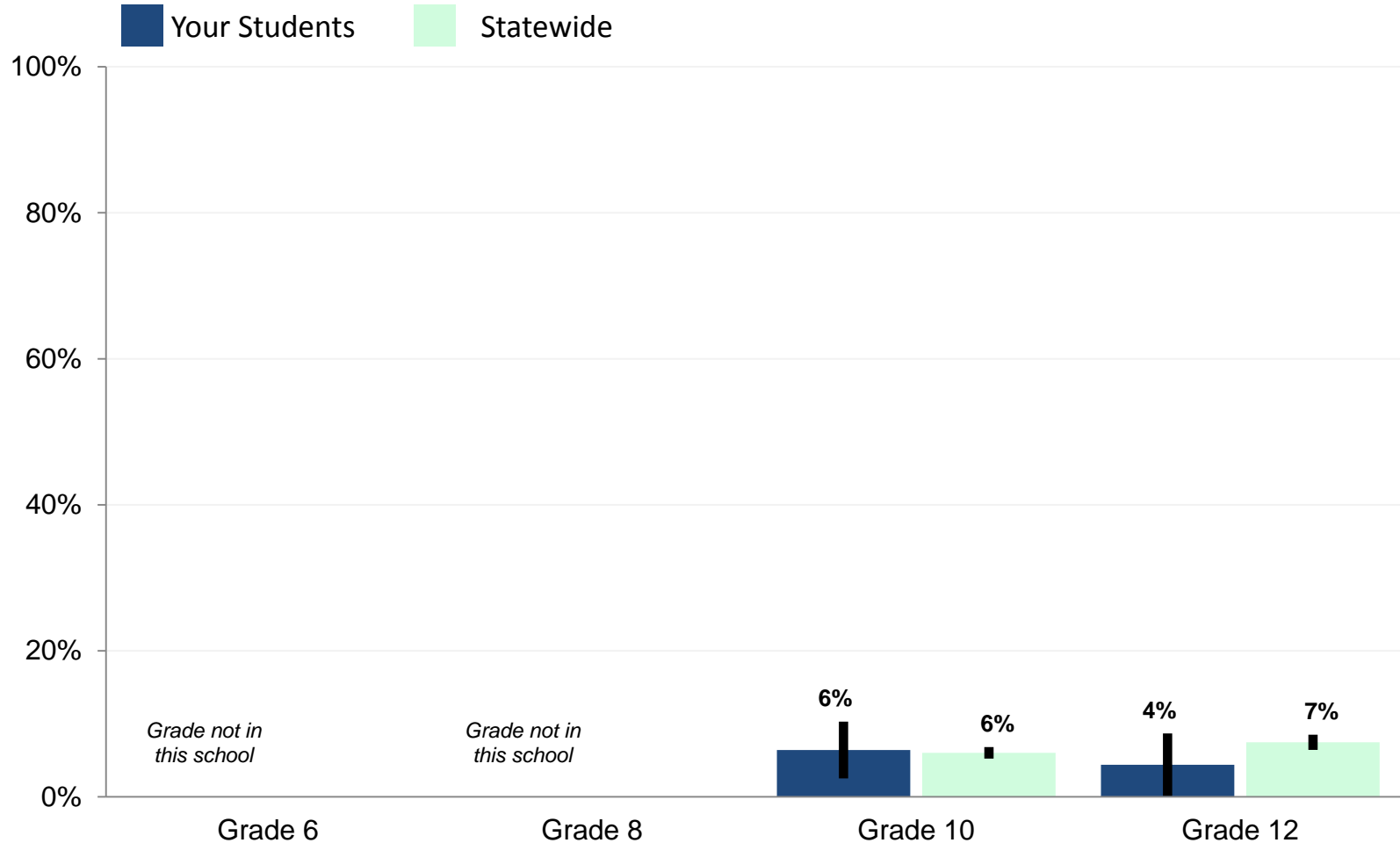
Prescription Pills

Fewer teens are abusing prescription drugs:

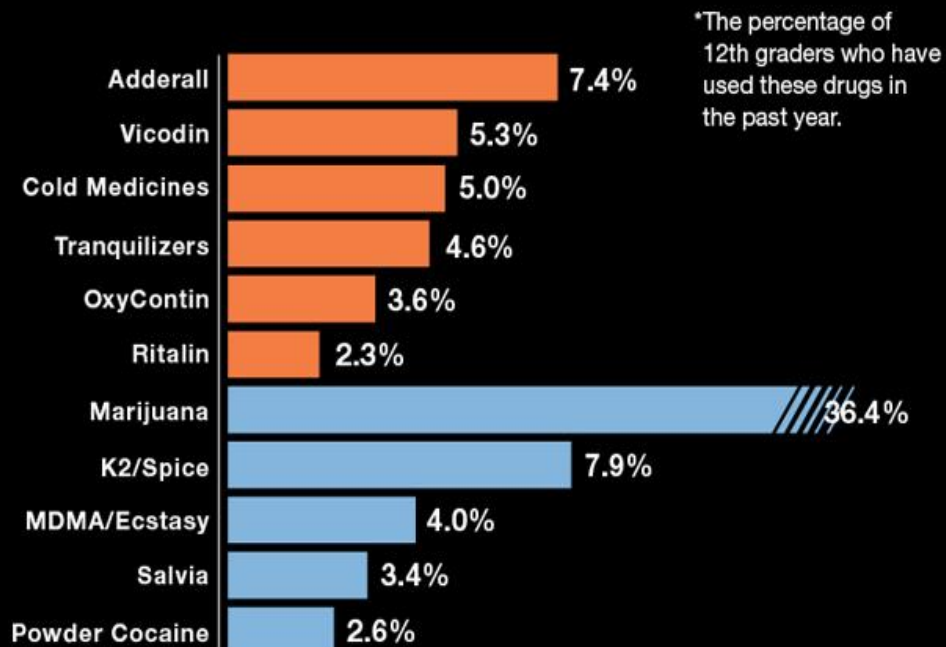
- Abuse of prescription painkillers among 10th graders dropped from 9.5% in 2008 to 6% in 2012.
- Teens who abuse prescription drugs most often get them from their own prescriptions, or from friends.

Current Prescription Drug Abuse

Percent of students who report using a pain killer to get high
in the past 30 days



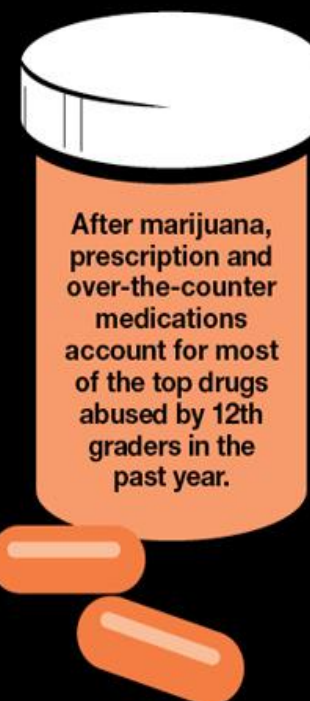
PRESCRIPTION/OVER-THE-COUNTER VS. ILLICIT DRUGS*



PRESCRIPTION



ILLICIT DRUGS



After marijuana, prescription and over-the-counter medications account for most of the top drugs abused by 12th graders in the past year.

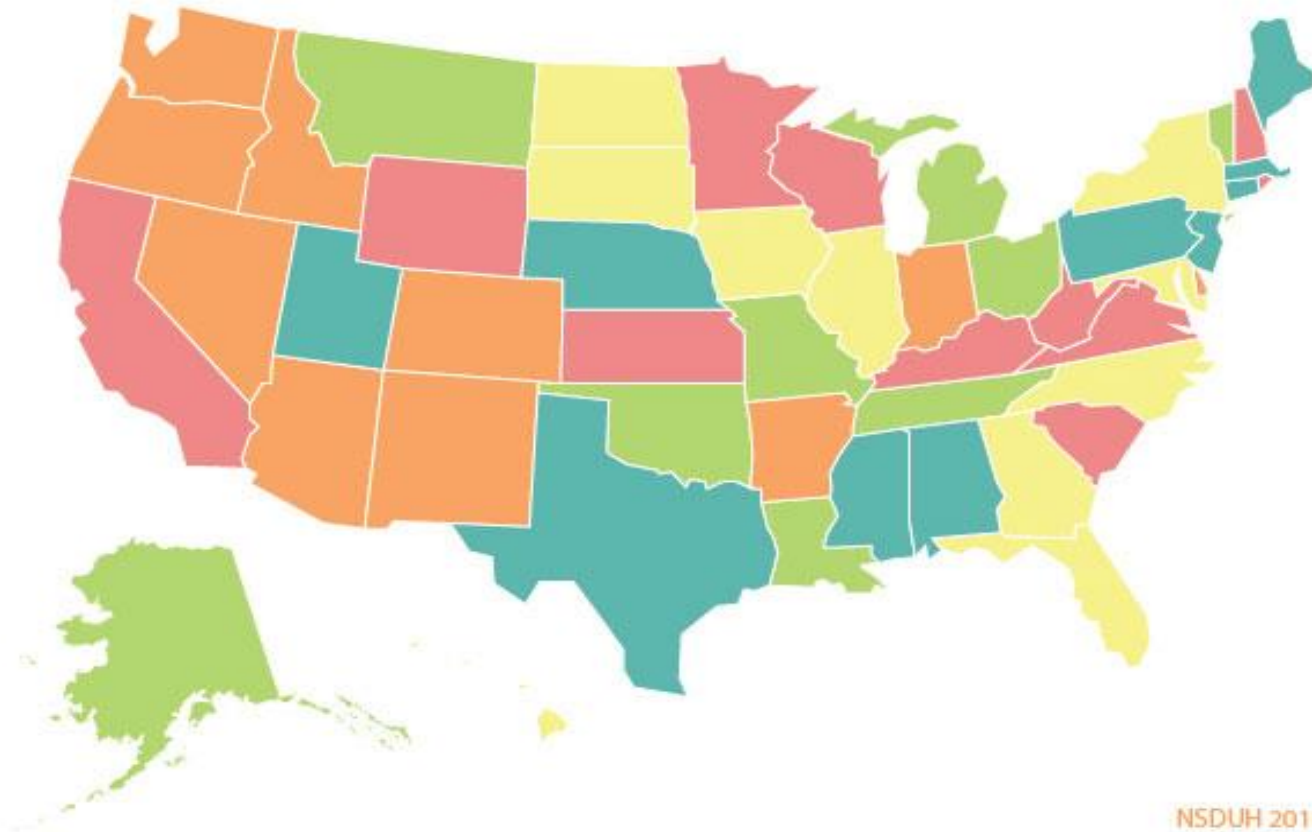


National Institute
on Drug Abuse

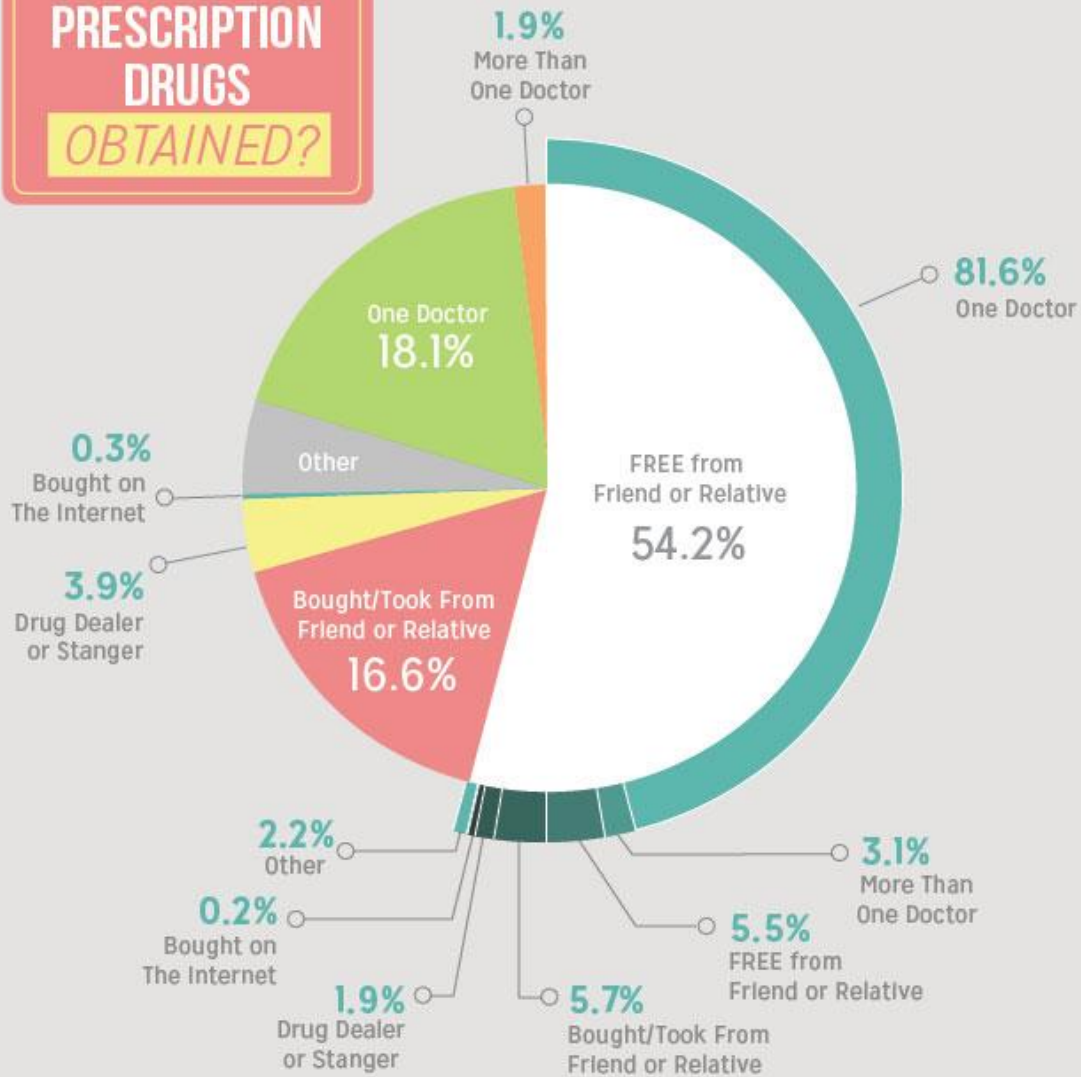
The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found at www.drugabuse.gov.

NON-MEDICAL USE OF PRESCRIPTION DRUGS BY STATE

% RATES BETWEEN:



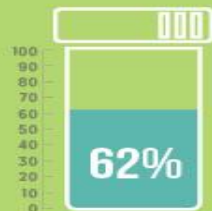
Where are
**PRESCRIPTION
DRUGS**
OBTAINED?



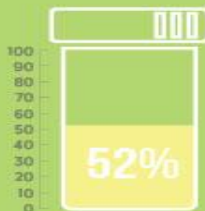
NSDUH 2011



12 *Reasons Teens* USE PRESCRIPTION DRUGS



Easy to get from parent's medicine cabinets



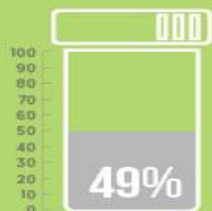
Available Everywhere



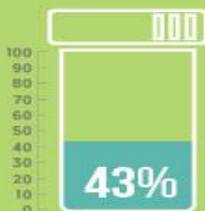
They are not illegal drugs



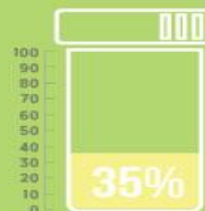
Easy to get through other people's prescriptions



Can claim to have prescription if caught



They are cheap



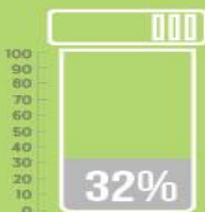
Safer to use than illegal drugs



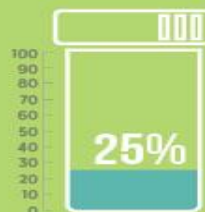
Less shame attached to using



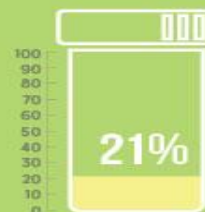
Easy to purchase over the internet



Fewer side effects than street drugs



Can be used as study aids



Parents don't care as much if caught

School Wide Outreach

- PTA group sending out postcards about how to keep kids safe during homecoming, prom and over the summer
- Having a presentation at school, for parents and kids to attend
- Having your school participate in national days like, (September) National Recovery Month & Kick butt's day (March 19, 2014)

What Parents Can Do

- As teens get older, parents need to keep talking :
- 40% of 8th graders say their parents have talked to them more than once about not drinking.
- By the time students are in 12th grade, only 29% say their parents talk to them about alcohol.

Statistics

Why does it matter if teens use alcohol or other drugs?

- One in five teen drivers who are involved in fatal crashes has alcohol in their system (Center for Disease Control and Prevention, 2010)
- Suicide is the second leading cause of death in Washington for youth 15-24 (Washington State Department of Health)
- Teens who use alcohol or other drugs are at higher risk for depression and suicide (Substance Abuse and Mental Health Services Administration-SAMHSA)
- Young people who use alcohol are more likely to have unintended, unwanted and unprotected sex (SAMHSA)

Statistics continued...

- Alcohol has a greater impact on the developing brain.
- Teens who drink before the age of 15 are 5 times more likely to develop alcohol dependence as an adult, compare to those who start drinking at age 21 or older (SAMHSA)
- Heavy drinking and use of marijuana can lead to difficulty learning, remembering and problem-solving.
- Students who regularly use alcohol or other drugs are 3-5 times more likely to skip school than students who don't use drugs.
- Marijuana smokers get lower grades and are less likely to graduate (SAMHSA)

Warning Signs

- Signs of depression or withdrawal
- Carelessness in grooming habits
- Changes in friends
- Negative changes in schoolwork, missing school, or declining grades
- Evidence of drug paraphernalia such as pipes, rolling papers, razor blades, even if they say that it belongs to a friend
- Increased secrecy about possessions or activities
- Use of incense, room deodorant, or perfume to hide smoke or chemical odors
- Subtle changes in conversations with friends, e.g. more secretive, using “coded” language
- Change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); Rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes
- New use of mouthwash or breath mints to cover up the smell of alcohol
- Missing prescription drugs, especially narcotics and mood stabilizers

Available Treatments @ SAMA

Drug and alcohol assessment

Treatment planning

Drug and alcohol treatment services (Intensive
Outpatient & Continuing Care)

Substance abuse family counseling

“CRAFT” parent groups

Urine Analysis

Family parent groups

Individual counseling

Mental health evaluation and treatment

Psychological testing

Call today to set up an appointment: (206) 328-1719

Information for parents

- Drugabus.gov
- Samafoundation.org
- Ballardcoalition.org
- <http://preventionworksineseattle.blogspot.com>
[/](#)
- ADAI

Resources

- **Washington Recovery Helpline:** State-wide 24-hour/day support for people dealing with substance abuse, mental health issues; and problem gambling; provides crisis intervention and referrals to treatment & support services in Washington state.
1-866-789-1511 (toll-free)
- **Teen Link:** Confidential teen-answered help line; every evening 6-10 pm 866-TEENLINK, (866-833-6546)
- **Crisis Clinic:** (Seattle/King Co., 24-hour mental health crisis line) 206-461-3222
1-866-427-4747
- **Community Resources Online:** Referral to health & human services in King Co. 206-461-3200 or 1-800-621-4636
- **SAMA Family Navigator Line:** (one-on-one support to assist parents as they navigate the treatment system and advocate for their son or daughter's care. 206-322-7262 or 1-888-922-7262 *(mainly WA)*)